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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.A guidebook for weightlifters who want to see performance improvements. Good for beginners and experts alike as the mathematics involved will get through even the toughest performance walls.

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- Authored by Professor Brian Taylor
- Released at 2014



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